## ORGANIC FOODS PRIORITY LIST

Dirty Dozen and Clean 15 Produce Lists: Updated March 2021



Buy these organic whenever possible.

- 1. Strawberries
- 2. Spinach
- 3. Kale
- 4. Nectarines
- 5. Apples
- 6. Grapes
- 7. Peaches
- 8. Cherries
- 9. Pears
- 10. Potatoes
- 11. Celery
- 12. Tomatoes
- 13. +Hot Pepprs

\*I don't understand why those are on this list. They are frequently FMO foods. Buy Organic when possible.

## **CLEAN FIFTEEN**

Save your organic budget on these:

- 1. Avocados
- 2. Sweet Corn\*
- 3. Pineapple
- 4. Onion
- 5. Papaya\*
- 6. Sweet Peas
- 7. Eggplant
- 8. Asparagus
- 9. Cauliflower
- 10. Cantaloupe
- 11. Broccoli
- 12. Mushrooms
- 13. Cabbage
- 14. Honeydew Melon
- 15. Kiwi

Part 3: 4 Week Eat More Plants Challenge by Teresa Marie Wellness
For more challenge information see www.teresamarievellness.com. Chart Source: https://www.ewg.org/